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Logan’s Run

By Erin Logan



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CORRECTIONS

There was an error in the Sept. 28 issue. Susan Withee was misnamed in a story. The Collegian regrets the error. If you see something that should be corrected or clarified, call Managing Editor Caroline Sweeney at 785-532-6556 or e-mail [news@spub.ksu.edu](mailto:news@spub.ksu.edu).

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# K-State daily briefs

**Karen Ingram**  
coverage editor  
interim news editor

Singer Chris Cornell of Soundgarden will be performing at the Stiefel Theatre in Salina on Dec. 10. Tickets are \$37 and \$47 and go on sale tomorrow.

For more information, please call the Stiefel at 785-827-1998 or visit their website at [stiefeltheatre.org](http://stiefeltheatre.org).

There will be a book signing at Varney's for professor of philosophy Charles Reagan's book "Political Power and Public Influence: The Landon Lectures, 1984-2010" on Saturday. Reagan's memoir details his 26 years as chairman of the Landon Lecture series and the more than 90 prominent political figures that have spoken at K-State in the lecture series. The book signing will be from 10 a.m. to noon and is open to the public.

The 25th annual OPUS band competition will take place in the Quad on Saturday. Eight local bands will compete beginning at 7 p.m. The event is free and open to the public.

Manhattan Good Neighbors will be holding three "Kickoff Clean Up" events to clean up the neighborhoods around Bill Snyder Family Football Stadium after home games. The first cleanup event is this Sunday from 1-3 p.m.

For more information or to volunteer, please e-mail [mgn@ksu.edu](mailto:mgn@ksu.edu) or visit [handson.ksu.edu](http://handson.ksu.edu).

# Crisis Center receives \$40k to assist victims of violence

**Casey Drodgy**  
contributing writer

*Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.*

Hard work pays off as the Manhattan Crisis Center continues to help area counties. The Crisis Center is open 24 hours a day to provide assistance to anyone who has been affected by domestic violence or sexual assault. It also has a 24-hour hotline to assist the citizens of five counties in the area.

"The Crisis Center provides round-the-clock services to victims of sexual and domestic violence in Clay, Geary, Marshall, Pottawatomie and Riley Counties," said Judy Davis, executive director of the Manhattan Crisis Center.

The Crisis Center's efforts were noticed and rewarded when Kansas Attorney General Derek Schmidt presented it with a \$40,000 grant on Sept. 21 to help sustain the organization. The money was appropriated through the state general fund as well as from the State Crime Victims Assistance Fund. "The legislature appropriated

\$750,000 to the state general fund this year," said Clint Blaes, public information officer. "After an organization applies for a grant, the grant committee decides where the money is given."

Once the legislature appropriates the funds to the state general fund, the money can be divided appropriately. This year the money was given to the Manhattan Crisis Center to continue their work in serving victims of domestic violence.

"The Crisis Centers applied for this grant to secure funding for services to victims," Davis said.

Like any other non-profit organization, the Manhattan Crisis Center runs primarily on donations and grants. Without such funds they would not have a facility for victims to go to. This grant will go toward the Crisis Center's ability to assist victims.

"In 2010, the center served 1,414 individuals," Davis said.

The Crisis Center's personnel is made up of both staff and volunteers. Volunteers must attend a domestic violence and sexual assault workshop, as well as a volunteer training program. There, volunteers learn how to respond to situations and to

assist victims in escaping potentially dangerous situations, or to simply help wherever it's needed.

"We have 25-40 volunteers at any given moment," Davis said. "This grant will help sustain services — crisis intervention, advocacy and safe shelter — for victims."

For more information about the Crisis Center, or to find out how to volunteer, go to [crisiscenterinc.org](http://crisiscenterinc.org) or call 785-539-2785.

# Baseball team to train with Ft. Riley soldiers

**Dillon Fairchild**  
staff writer

After being delayed for a week, the K-State baseball team will travel to Fort Riley to meet up with the 2nd battalion, 16th infantry regiment in order to put each other to the test through a round of intense conditioning and physical training on Friday.

The session will consist of several different "stations," each bearing a different physical challenge. The workout will be loosely modeled after the standard physical training sessions practiced at Fort Riley. Among the events will be rope climbing, wind sprints and a 3-mile run designed to test the endurance of the participants. Besides

intense conditioning, this event provides an opportunity for the Wildcat baseball team and the soldiers stationed at Fort Riley to establish and deepen mutual respect for each other.

Melody Faulkenberry, public affairs officer at Fort Riley, said that the entire battalion will get a chance to work out with the Wildcat baseball team in at least one

event. Since there is such a large number of people, a select few will participate in each event, rotating so that everyone has the opportunity to pit themselves against the Wildcats. This means not only will the Wildcats be getting a military-grade workout on Friday morning, they will be competing against fresh legs the entire time.

# Student Senate to have guest speakers

**Jakki Thompson**  
staff writer

There will be guest speakers coming to address questions at the Student Senate meeting tonight. Bill Smriga, director of the K-State Student Union; Ruth Dyer, senior vice provost for academic affairs; and Steve Martini, director of recreational services, are all coming in to answer questions students might have.

Student Senate will also vote on many different resolutions and welcome another new student senator.

New legislation regarding the formation of new committees and an increase in the fine arts privilege fee will be introduced.

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# Improper backpack use poses health risk of back problems



Overloading a backpack can cause serious back problems. To help alleviate stress, tighten the straps on your backpack so it does not hang low, and pack heavier items toward the back.

Hayley Henry  
staff writer

The fall semester has gone by very quickly and many students will begin to head to Hale Library for midterm studying. The first thing many students do is cram as many textbooks and study materials as possible in a backpack, not even thinking about the potential health risks involved with this packing method. Backpacks come in all shapes, sizes and styles, but the weight of a backpack is one factor that cannot change.

"According to the American Physical Therapy Association, a person's bag should only weigh 15-20 percent of a person's body

weight," said Julie Gibbs, director of health promotion and nutrition counseling at Lafene Health Center, in an email interview.

When a student carries a backpack load that exceeds the weight ratio, temporary and long term health implications can occur according to working-well.org. Carrying a backpack that is too heavy can create poor disk alignment and force bad posture, which leads to fatigue and strain on back and shoulder muscles. Over time these temporary issues can cause lifetime injuries to shoulder, back and neck areas.

Having proper posture will also help eliminate back prob-

lems related to heavy backpacks.

"Make sure that you're always walking with your shoulders back in an upright position," Gibbs said.

Gibbs also stressed the importance of doing exercises that strengthen chest and core muscles and stretch back muscles.

"Make sure you get plenty of exercise, including pushups, to strengthen your chest muscles and lots of back stretches," Gibbs said. "Yoga has been shown to do wonders for those muscles, as well as the core. As everyone knows, with a strong core, you're less likely to have back problems and more likely to have enough strength to be able to handle that heavy back-

pack."

Backpack health is one of the last issues that students think about during this stressful time,

"A person's bag should only weigh 15-20 percent of a person's body weight."

American Physical Therapy Association

although there are ways to help prevent these problems, according to a Harvard Medical

School study. Backpack items that are the heaviest must be placed closest to the back to balance the weight of the bag.

"I put the biggest items in my backpack toward the back," said Madison Stalcup, junior in kinesiology. "It may not be the heaviest items sometimes, but it feels more comfortable with bigger items closer to my back."

Backpack placement is a key component in preventing long-term back problems. It may look stylish to have a backpack off one shoulder or hanging really low, but improper use of a backpack could result in neck muscle spasms and lower back pain.

"I like to wear my backpack

higher up on my back even though it doesn't look too cute," said Myrna Barbee, sophomore in life sciences. "If I wear it too low it hurts my shoulders."

Although midterms are quickly approaching, it is never too late to purchase a backpack. When purchasing a backpack, look for a bag with multiple compartments to make weight distribution easier. Look for a bag that has thick, wide, padded shoulder straps to help eliminate shoulder pain caused by straps digging into the shoulders. Most importantly, purchase a bag with two shoulder straps as opposed to one. Proper backpack usage is essential for present and future back health.

# Chemical in turmeric could be used to treat head, neck cancer

Sandy Bui  
The Daily Bruin, UCLA

A chemical in the ingredient that makes your favorite Indian curry dish a vibrant yellow color might also be used as a safer, alternative way to treat head and neck cancer.

UCLA researchers have shown that curcumin, a major component in turmeric root, is a major antioxidant and anti-inflammatory substance that can suppress this particular cancer.

By taking saliva samples from patients with head and

neck cancer, researchers were able to demonstrate that curcumin inhibits a protein involved in the activation of the cancer cellular process, said Eri Srivatsan, adjunct professor of surgery at UCLA and co-author of the study. The research was published in the current issue of Clinical Cancer Research.

Cancer is often treated with several drugs in order to target more than one cell cycle pathway that cancer cells take, said Dr. Marilene Wang, professor of head and neck surgery at UCLA and co-author of the

study. Head and neck cancer can affect the mouth, tongue, throat and vocal cords.

Current treatments are unsatisfactory because they involve surgeries and toxic chemotherapy radiation, Wang said. As a result, researchers have sought to find alternative and less toxic ways to treat the cancer, she added.

Srivatsan and Wang have researched head and neck cancer together for 17 years,

and they hope that they can treat patients with lower doses of cisplatin, the standard chemotherapy drug, by adding curcumin.

A previous publication by Wang and Srivatsan also showed that curcumin could enhance the effect of cisplatin.

The researchers also showed that curcumin decreases the level of cancer-promoting inflammatory proteins in the saliva, Srivatsan said.

In the 18-month-long pilot study, patients chewed on curcumin gelatin capsules so that the curcumin could coat the surface of the mouth and tongue.

In an earlier experiment with curcumin, the UCLA researchers found that tumors decreased in size in animal models when curcumin paste was applied directly onto the tumor, Wang said. Oral and throat cancers are ideal for

this kind of treatment because curcumin can coat the cancerous tumor directly.

To measure the cancer itself, studying the saliva is less invasive than performing surgery and removing tumor samples, Wang said.

Multiple molecular markers in the saliva change when a person has cancer, so whatever happens with the tumor

SPICE | pg. 9

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# Diet pills, vitamins commonly misused in pursuit of healthy diet

**Nikita Grover**  
staff writer

On a daily basis, people make purchases that can either change their lives for the better or the worse. Those purchases can include non-prescribed vitamins and diet pills.

According to an article on *medindia.net*, “Although excessive weight and obesity are problems in the United States and other countries, there is also a concern about people who diet to an unhealthy low weight.”

Unfortunately, many individuals are currently suffering from eating disorders and have an unrealistic image of themselves and their bodies. The most common eating disorders are anorexia nervosa and bulimia nervosa. Some of those who have eating disorders continuously take vitamins and diet pills, aggravating their already altered image of reality.

Today, we live in a society in which “thin is in” and people, usually females, are judged by their appearance, which could lead to an increase in purchases of diet pills.

According to the Encyclopedia of Drugs and Addictive Substances, by Barbara C. Bigelow, “People who use diet pills often put the pounds they have lost right back on as soon as they stop taking the drugs. Not only do they regain the weight they first lost, they sometimes gain even more.”

This is called “yo-yo syndrome,” due to the fact that the individual’s weight fluctuates just like a yo-yo. There are several consequences such as muscle loss, psychological dependency, constant feelings of failure and, of course, an unhealthy physical state. Beyond physical impacts, the overuse of diet pills affects concentration and performance in both school and work.

According to Bigelow, statistics show that close to 10 million women and 1 million men suffer from anorexia nervosa or bulimia nervosa. Another 25 million people are affected by binge eating disorder.



Photo illustration by Tommy Theis

The old saying, “Too much of a good thing is a bad thing,” applies to vitamins as well. According to Mary Flanagan, nurse practitioner from Lake Dallas, Texas, taking too much of vitamins like zinc and vitamin C can cause gastrointestinal stress, and simply taking a basic multivitamin should be sufficient.

Eating disorders can cause osteoporosis and changes in the mouth and teeth are often the first signs of an eating disorder. Lips may look red, cracked and dry, and teeth often erode due to frequent vomiting and nutritional deficiencies.

“Nowadays, everything from bottled water to orange juice seems to have souped-up levels of vitamins and minerals in it. That may sound like a way to help cover your nutritional bases, especially if your diet is less than stellar,” said Mary Flanagan, nurse practitioner from Lake Dallas, Texas.

But are we in danger of getting too much of these important nutrients? Can these overloads hurt us? Flanagan answered yes, especially if you’re routinely taking megadoses. For instance, too much vitamin C or zinc could cause nausea, diarrhea and stomach cramps. Too much selenium could lead to problems including hair loss, gastrointestinal upset, fatigue and mild nerve damage.

“Most people don’t realize there’s no real advantage to taking more than the recommended amounts of vitamins and minerals, and they don’t recognize there may be disadvantages,” Flanagan said. “If you’re taking a supplement, stick to one that’s no more than the daily value.”

Flanagan recommended talking with your doctor about any supplements you’re taking, including vitamins and minerals, and the dose you’re taking, too. That way, your doctor can help you keep doses in a safe range.

“If you’re taking a basic multivitamin, there’s no need to fear taking too much,” she said.

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## Getting exercise simple, painless with few daily adjustments



Caitlin Byttner

College life can be really hectic sometimes, so when it comes to exercise it is usually at the bottom of the list, but it does not have to be that way. The truth is there are some really easy and simple ways to sneak exercise in to your day without even thinking about it.

Let's start with the obvious: stairs. There are so many things you can do with them. First off, always opt to take the stairs instead of the elevator. On average, a person burns about nine calories every minute when walking up stairs, according to healthstatus.com. And if you really want to pump up the intensity, take two stairs at a time or do lunges up them. Remember, stairs are the world's cheapest gym.

Take a brisk walk in between classes. It does not have to be long; a few minutes every day adds up in the end. According to the same article, walking at 4 mph for 15 minutes can burn 100 calories or more.

Walk or bike around campus, do not drive. Or, if you have to drive to campus, park far away. That way you will have to walk from class to class.

When possible, stand rather than sit. Whenever you get the chance to stand up, do it. Standing burns more calories than sitting does. Standing burns, on average, about 25 more calories per hour than sitting, according to healthstatus.com.

Do stretches while sitting in class. We all have those classes that are hard to get through, so why not make them an opportunity to get some exercise in? Doing simple stretches while sitting such as neck, leg, arm and feet stretches can burn an average of 50 calories in 15 minutes.

Playing video games can also be a way to get exercise. Most of us have been taught that video games are an unhealthy waste of time, but now with gaming consoles like the Nintendo Wii and PlayStation Kinect, you can get up and move. Get a group of friends together or take a break from studying and play some games.

Though it is not as exciting, organizing and cleaning your room will get you up and moving and bending and lifting. On average, a person burns over 100 calories an hour while cleaning.

Lastly, dancing can be great exercise. Dance alone in your room or take a break from those intense study sessions and turn it into a full on dance party for a few minutes. It will relieve stress and you will be getting in exercise without even knowing it.

Exercising does not have to be a pain. It does not always have to be working out at the gym for a few hours or jogging around campus. Instead, exercising can be just a few simple and easy routines that are incorporated into your day.

Remember that a little bit of exercise every day can add up at the end of the week.



Lisle Alderton | Collegian

Caitlin Byttner is a freshman in journalism and mass communications. Please send comments to [edge@pub.ksu.edu](mailto:edge@pub.ksu.edu).

Garret Heil, senior in fine arts, walks up the stairs in Willard Hall on Wednesday afternoon. Walking up and down stairs is one of the best ways to integrate exercise into a busy schedule.

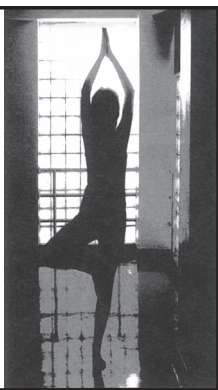
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# ‘Contagion’-style global pandemic plausible, doctor says

Dillon Fairchild  
staff writer

This school year has seen the release of the much-anticipated movie “Contagion.” The film has caused a stir in the media recently for its portrayal of a modern-day pandemic and has been called brutally honest by critics. However, is a “Contagion”-like pandemic possible today?

Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention, said in a CBS news interview that the scenario portrayed in the film is quite plausible.

There are many factors that affect whether or not a disease can be contained, Frieden explained. An airborne disease like the common cold is much more difficult to contain than, for example, a blood-borne disease like hepatitis C.

Another factor is how visible the disease is, according to a protocol document published by the World Health Organization. If a disease has few or no symptoms, it will be much harder to identify than one with distinctive and obvious symptoms. Additionally, the World Health Organization states that where a disease originates has a huge impact on how far it will spread.

In “Contagion,” the disease originates in Hong Kong. This is a worst-case scenario; according to a Hong Kong government website, Hong Kong is one of the most densely populated places in the world. As an island, there is also a large amount of air and sea transportation to and from its population centers. This would make containing an infectious pathogen nearly impossible. However, a disease originating in, for example, rural America would likely be a different story. Rural America has access to advanced medical technology and has a very low population density, making an outbreak easily recognized and contained.

History has proven that, if the circumstances are right, pandemics are a very real possibility, such as the bubonic plague, which was responsible for the death of as much as 60 percent of Europe’s population in the Dark Ages. According to [economichistory.net](http://economichistory.net), the damage done to the population was enough to drastically change the development of the European economy.

However, pandemics are by no

means a thing of the past.

In the past century, there have been three major pandemics. The first, and most serious, was the Spanish influenza outbreak in 1918. The Spanish influenza outbreak infected as much as 40 percent of the world, and was responsible for upwards of 50 million deaths, according to a Sept. 14 Fox News article by James Pinkerton. The other two pandemics, the Asian flu in 1957 and the Hong Kong flu in 1968, were far less serious, but still presented acute health risks.

The government’s contingency for dealing with pandemics has seen a lot of scrutiny in recent years. Starting with the anthrax scare in 2001 in which the CDC was slow to react and contain those exposed to the virus, this past decade has seen strict reform in the treatment and quarantine procedures designed to handle any type of outbreak. Procedures have been implemented, including compulsory quarantines for diseases meeting certain criteria, and an increased level of communication between local and national health organizations help ensure that any contagious outbreak will be dealt with as efficiently as possible.

On the local, state, national and international level, there are plans in place to guard against a deadly pandemic or to stop one that has already begun. However, despite all these precautions, not every disease can be contained.

“It is not a matter of if there will be another pandemic,” said Dr. Ivan Ketter, who runs a family practice in Topeka. “The real question is, when the next pandemic hits, how prepared will we be?”

While people should always take standard health precautions, such as hand washing and covering the mouth when coughing, there is no reason to take extreme measures. Recent pandemics affected less than 1 in 100 people, and are fatal in less than one percent of those cases. Although, according to Ketter, there is no doubt that there will be another pandemic in the future, advances in modern medicine make the possibility of a doomsday scenario like the bubonic plague extremely unlikely. Modern pandemics are less fatal because modern medicine is able to treat diseases so much more effectively than in the past, Ketter said.



courtesy photo

## THE WEEKLY 10

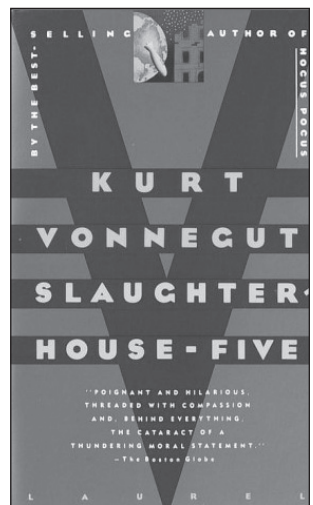
# Top 10 banned books all college students should read



Laura Thacker

While many of us connect censorship with TV and the radio, books are also victims of challenges and bans in libraries and schools around the country. In honor of Banned Books Week, the First Amendment and individual thought, I’ve compiled a list of the top 10 banned books that I believe all college students should read.

### 1. “SLAUGHTERHOUSE-FIVE” BY KURT VONNEGUT



courtesy photos

My favorite author takes readers on a journey through time and space with soldier Billy Pilgrim in this classic that looks at war in an altogether unique way. Stemming from the author’s personal experience in World War II, Vonnegut transcends genres with this hilarious, cynical book. “So it goes.”

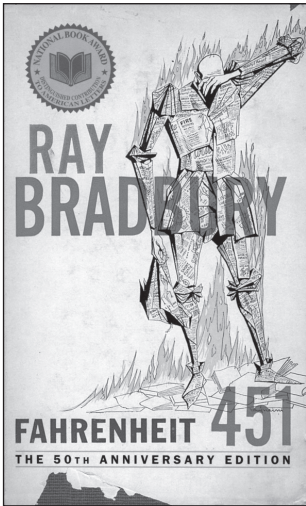
### 2. “THE HANDMAID’S TALE” BY MARGARET ATWOOD

Atwood takes gender roles to an extreme in this dystopian novel. Set in a totalitarian future, oppression, agency and governmental control of women’s bodies are just a few of the subjects explored. This is not a book that readers forget.

### 3. “SPEAK” BY LAURIE HALSE ANDERSON



This novel is a look at the complex world of high school through the eyes of isolated outcast Melinda Sordino. Her cynical, bitter outlook forms a



narrative that is sometimes hilarious despite the depressing undertones. The reader goes on a trip through Melinda’s psyche as she deals with the event that caused her bleak worldview.

### 4. “BLESS ME, ULTIMA” BY RUDOLFO A. ANAYA

Set in New Mexico during World War II, 7-year-old Antonio deals with the clashing ideologies of Christianity and paganism when Ultima, a “curandera” comes to live with the family. Seen by many critics as a classic piece of Chicano literature, this book opens the reader up to worldviews often ignored in popular fiction.

### 5. “BELOVED” BY TONI MORRISON

“Haunting” is an excellent word to describe this book, as those who have already read it

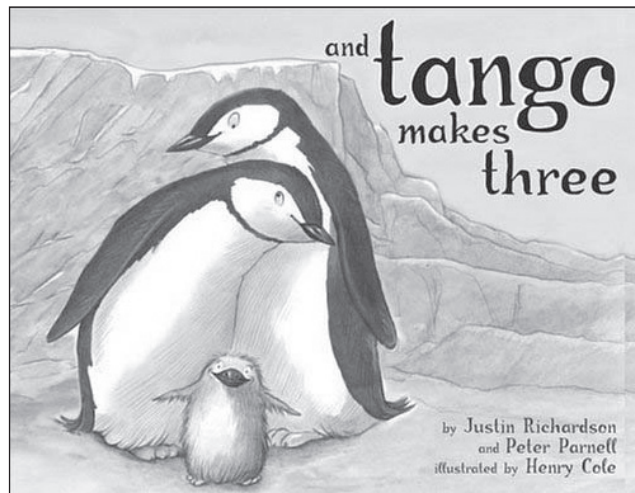
know. Dealing with the aftermath of slavery, the characters in this book try to live their lives after being subjugated for years, with the effects even crossing into generations born out of slavery.

### 6. “FAHRENHEIT 451” BY RAY BRADBURY

The irony of banning a book about censorship seems to be lost on those that have challenged this classic. Although first published in 1953, the parallels between Bradbury’s dystopian future and our current culture are almost scary, with dependence on technology a common theme in both.

### 7. “AND TANGO MAKES THREE” BY JUSTIN RICHARDSON AND PETER PARNELL

Yes, this is a children’s book, but I sincerely believe everybody should take a look at it. In case you’re unfamiliar, this



is about two male penguins who “mate” and raise an egg/chick on their own. Not only does it make you question what we think we know about sexuality, but the illustrations might be the cutest thing I have ever seen.

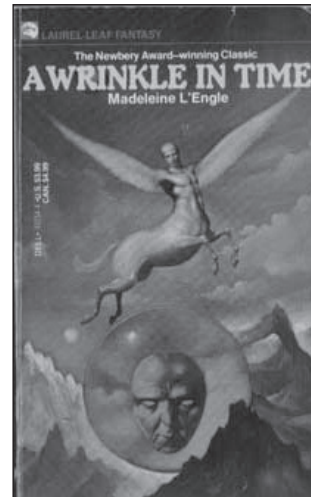
### 8. “BRAVE NEW WORLD” BY ALDOUS HUXLEY

Another dystopian novel, “Brave New World,” explores a world where consumption is key and Henry Ford is worshipped as a deity, his assembly line making possible the mass production that society stands upon. Like “Fahrenheit 451,” the similarities between aspects of Huxley’s future and our own present are poignant.

### 9. “THE PERKS OF BEING A WALLFLOWER” BY STEPHEN CHBOSKY

Told through anonymous letters sent from the narrator “Charlie” to a “friend,” this

book explores adolescence in all its confusion and glory. Introverted and intelligent, Charlie is hilarious and astonishingly perceptive, one of the most likable, relatable characters I have ever encountered. Also, I cannot tell a lie, this book made me cry more than once.



### 10. “A WRINKLE IN TIME” BY MADELINE L’ENGLE

This science fiction children’s classic surrounds the disappearance of Meg and Charles Wallace Murry’s father, which spurs the children on a bizarre adventure to find him. Themes of good versus evil and the individual versus the status quo permeate this tale that I’ve read countless times since childhood.

Laura Thacker is a senior in English and women’s studies. Please send comments to [edge@pub.ksu.edu](mailto:edge@pub.ksu.edu).

# Spotify emerges as alternative to Pandora, Grooveshark music services

Summer Phillips  
staff writer

With features reminiscent of music streaming services like Pandora and Grooveshark, Spotify is getting a grip among online music listeners.

Like Grooveshark, you can simply search for a song and play it. Like Pandora, you can listen to stations based on genre. Spotify, however, is actually a program that you download onto your computer. It merges with your other media players, such as iTunes and Windows Media Player, to create a place that you can listen to your music and any-

thing else you feel like listening to.

According to Spotify’s website, features include the ability to create playlists, the ability to share music on social networking sites, mobile apps for cell phones and other mobile devices and the ability to search through millions of songs. It relates artists to each other and gives you artist biographies as well.

There are three options you have when downloading Spotify. One is the free version, which allows you to play local files, share with friends and have access to millions of tracks.

“Spotify is so good.”

Mark Zuckerberg  
Facebook founder

The unlimited version costs \$4.99 per month and has all of the same features. It also allows unlimited streaming of music. Another pro of upgrading to the unlimited version is no advertisements.

The third option is \$9.99 per month, called premium. Premium’s exclusive features include Spotify on your

mobile device and an offline playing mode.

Spotify originated in Europe and didn’t reach the U.S. until July 2011. Spotify adds approximately 10,000 new songs a day, according to its website, and the creators’ goal is to let everyone have instant access to all music, anywhere and anytime. Their website acknowledges two major roadblocks: artists who won’t allow their music to be streamed online, and music that is shared by two different labels across regions, where one label might allow the online streaming and the other might not.

Barbara Braga, senior in English, said she has never heard of Spotify. She uses both Grooveshark and Pandora, and said that if she used a program like Spotify, it might combine all of her music resources into one.

Another interesting feature Spotify has is its connection with Facebook.

The Spotify website boasts a quote by Facebook founder Mark Zuckerberg saying, “Spotify is so good.”

Spotify will have its own special spot on users’ Facebook profiles, where their friends can see what they’re listening to and their favor-

ites and hit play on any of the tracks that they see. Another Facebook feature of Spotify is stories, which appear in the news feed and allow a Facebook user to see what new bands and artists their friends are discovering.

Alyssa Smith, freshman in interior design, said she had never heard of Spotify either, and in the past had used both Grooveshark and Pandora. She said that it would affect the ways that she listens to music, and noted that if she started using Spotify, she probably wouldn’t have to listen to music she didn’t like.



# BUMP IT UP

## Volleyball team keeps 8-match streak going in Columbia



Johnathan Knight | Collegian

K-State libero **Tristan McCarty** (4) bumps the ball against Baylor in Ahearn Field House, Saturday, Sept. 24. The Wildcats defeated the Bears in three sets (25-19, 25-15, 25-18). (Jonathan Knight/K-State Collegian)

**Mark Kern**  
assistant sports editor

K-State came into their matchup with the Missouri Tigers on an eight-match winning streak. The Wildcats are playing much better than they were early in the season when they started 4-3. Their opponent on Wednesday night, Missouri, presented quite the challenge. The Tigers entered the match with a record of 14-4 on the season, including a 1-1 record in conference. The Tigers received votes in last week's poll, so the Wildcats would need to continue their strong play.

The first set would be a seesaw battle that saw the Wildcats get off to a fast start and appear in control of the set. However, Missouri would not go down without a fight. The Tigers fought back and tied the set at 24 and that is where the action started.

The teams went back and forth until Missouri grabbed a 32-31 lead. The Tigers then got a point on serve to take the first set.

This presented the Wildcats with a test. Early in the season, the team may have folded in this situation. However, the Wildcats came out inspired in the second set to get back in the match.

In the second set, K-State got off to an early lead and this time would not allow Missouri back in

it. The Tigers made a small run, but K-State went on a run of their own and won the set 25-20.

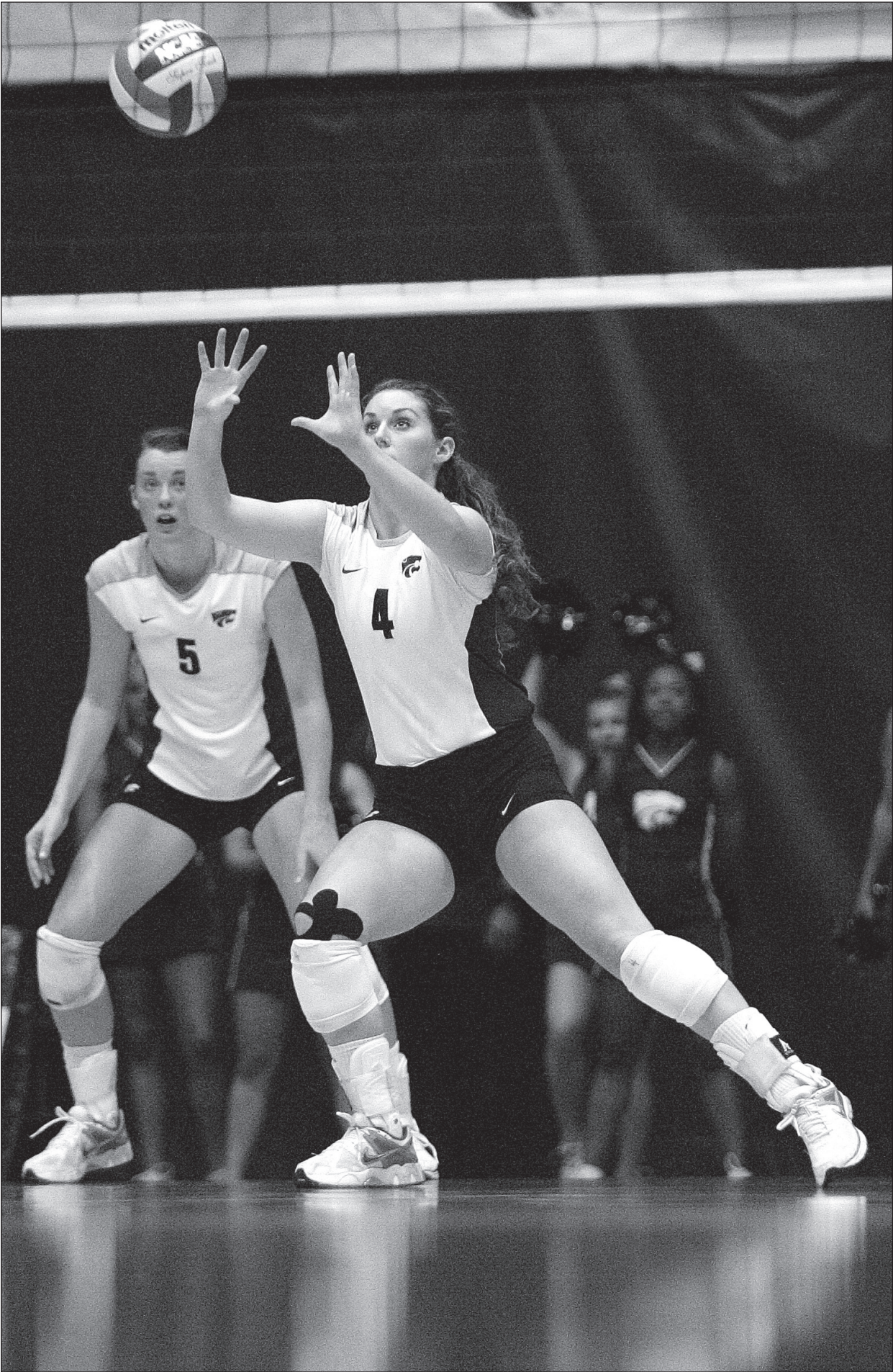
The third set went much like the second one. The Wildcats got off to a good start and would not let Missouri back in the set and eventually won the match 25-21.

With a chance to end the match in the fourth set, the Wildcats set out to do just that. However, the Tigers had plans of their own.

Not wanting the Wildcats to win on their home court, the Tigers came out with a purpose. Missouri would win the set 25-19 to set up the pivotal important fifth set.

The fifth set was a close one with both teams knowing how important this match was. However, the Wildcats were determined to continue their streak. In the end, K-State was able to pull out the 15-12 win to win the set and the entire match.

The Wildcats are now 13-3 on the season and have won their first two conference games. This was a huge game for the Wildcats as the Wildcats are in the middle of a huge two-match road trip. The Wildcats will travel to College Station, Texas, on Saturday as they take on another tough team in Texas A&M. The match will start at 6:30 and will air on the radio on KMAN-AM 1350.



Johnathan Knight | Collegian

K-State libero **Kuulei Kabalis** receives a Baylor serve during the Wildcats' matchup in Ahearn Field House on Sept. 24. The Wildcats defeated the Bears in three sets (25-19, 25-15, 25-18).

## Depression needs recognition as issue in sports



Sean Frye

There needs to be more help made readily available, both in the realm of athletics and in society in general, to those who struggle emotionally, primarily with depression and anxiety. Depression and anxiety are far too common in the world, as an estimated 8 percent of people in the United States alone experience a major episode of depression every year, according to the National Survey on Drug Use and Health.

I had a deep, personal conversation with an anonymous athlete on this campus last spring in which that athlete revealed to me that she was depressed and felt a tremendous amount of anxiety because of the commitment her sport takes. This was a big revelation to me from a person who seemingly lived the good life as a local celebrity around campus with tons of friends and an overall comfortable situation.

As this person and I continued to talk, she revealed

that a majority of her teammates felt the same way. Again this was surprising to me — not so much shocking, but just the fact that this person was able to open up about the demons she faces night in and night out made me think that, with all the resources available to athletes throughout college campuses, finding help for athletes in the realm of therapy would be relatively simple.

K-State does provide mental health services to its students, if you do some research on how to properly obtain it — and, after the initial visit, it is not free like many other services around campus.

At the professional level, depression issues are probably most addressed in Major League Baseball. One of the biggest names to openly struggle with depression and anxiety while he played was Zack Greinke, an American League Cy Young Award-winning pitcher during his stint with the Kansas City Royals.

He was forced to step away from baseball for a brief period of time before making a comeback through the minor leagues. He is now one of baseball's premier pitchers for the Milwaukee Brewers. While he was with the Royals, his journey through depres-

sion was a cover story for Sports Illustrated.

Since then, the MLB has taken the lead in addressing mental problems in sports. The NCAA needs to follow suit, as student athletes are at high risk for depression and they have few means to pay for them due to their status as amateur athletes.

Personally, I also struggle with depression on a daily basis, and that was the original topic of the conversation I had with that athlete — my issues in life with my mental state. I have the stress of two jobs and college plus family struggles. I hardly get along with any of my four roommates and my east coast personality often clashes with the Kansas way of life, which leads me to feel like an out-cast at times. I do not mean to imply that my issues are any worse or better or more or less significant than others, all I know is that for whatever reason I struggle to deal with them.

After my conversation with the athlete who revealed her depression to me, I eventually learned of numerous athletes throughout campus who also feel the same way.

While the pressure to become a successful sports-writer and do this job well in a room full of seasoned reporters is intimidating, I

do not have 50,000 sets of eyes on me at Bill Snyder Family Stadium. The pressure to perform well in front of thousands or be ridiculed by those thousands is something I will never be able to relate to. I cannot imagine though that being booed off the field by the same fans that once cheered for you is at all a pleasant feeling.

I challenge the NCAA to publicly address the issue of mental health amongst its athletes. Making depression a more open, acceptable topic leads people to not only feel supported, but can also encourage people suffering from depression to go seek out help.

I also encourage student athletes to be open and honest with their respective coaches and trainers about any mental health issues they are facing. You would not hide the fact that you broke your ankle in practice, so why hide the fact that you are struggling to deal with the enormous pressure and commitment brought on by being a student athlete? There is no shame in giving the same amount of attention to a mental issue as you would a physical ailment.

**Sean Frye is a sophomore in journalism and mass communications. Please send comments to [sports@pub.ksu.edu](mailto:sports@pub.ksu.edu).**

## Two-minute drill

**Monty Thompson**  
sports editor

### NFL

The New Orleans Saints threw a surprise party for former player Steve Gleason on Monday night. Gleason received gifts from coach Sean Payton and from the mayor of New Orleans, Mitch Landrieu. Some of the gifts included a Super Bowl ring from the 2008 season and a key to the city. Gleason revealed on Sunday that he is battling amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. Though the party was held after the announcement, players say that the celebration was for his contributions to the team during his tenure at New Orleans.

### MLB

The American League wild-card race between the Boston Red Sox and Tampa Bay Rays is getting closer, as both teams remain tied with just one game remaining in the regular season. The Red Sox, who just a month ago held a nine game lead over the Rays, slipped to third place in the eastern division before recently rebounding back to second. Boston will finish up the regular season against the Baltimore Orioles when they place ace pitcher Jon Lester on the mound in hopes to maintain their position in the American League East.

### NHL

Philadelphia Flyers forward Wayne Simmonds will not be disciplined for his alleged homophobic slur directed toward New York Rangers winger Sean Avery. NHL officials said that there wasn't enough evidence against Simmonds to charge any disciplinary actions. Initially, Simmonds did not deny the accusation, but said that he was unable to remember everything that was said. He later denied using a homophobic slur on Tuesday, and the NHL, without any dispute from one of the on-ice officials, sided with Simmonds.

### NCAA

Big 12 athletic directors met on Tuesday to discuss the future of the conference and how much they will expand. As of now there are currently four options being discussed, with the expansion options ranging from 10 teams to 16. At this time, the conference is beginning its search for new members, though little has been said as to which schools the Big 12 is looking to add. The remaining nine schools, whether there is any expansion or not, have agreed on a six-year grant for their first and second tier television rights to the Big 12. This action has been made in order to balance the revenue sharing for each member of the conference, a negotiation agreed upon by all nine remaining athletic directors.

Don't miss the **GAMEDAYGUIDE** this Friday.



# SPICE | Scientists hopeful

Continued from page 4

will affect the composition of the saliva, Wang added.

The researchers are in the process of identifying patients who are already planning to have surgery to enroll them in their human study.

These cancer patients will be given at least one to two grams of curcumin per day for three weeks until they undergo surgery to remove the tumors.

After the surgery, researchers will study the tumor samples for changes in the molecular markers and examine which pathways have been affected by the curcumin treatment, Wang said.

“We can’t really make any recommendations [about consuming more curcumin]. This is a pilot study, but it certainly makes you wonder,” Wang said of taking curcumin regularly to boost one’s health.

Other researchers have found that patients given up to four grams of curcumin a day experienced no adverse effects, Wang said.

Curcumin is also being

used in Alzheimer’s research because it may slow down the degeneration in the brain, Wang said. In India, turmeric is used extensively in soaps, facial applications and anti-aging remedies.

People also take curcumin to prevent cancers of the gastrointestinal tract, she added.

Sally Frautschy, a professor of neurology at UCLA who studies aging-related diseases, has tested curcumin in several models for Alzheimer’s. Curcumin reduces oxidative damage, which can accelerate Alzheimer’s, she said.

“A lot of cancers are age-related, [and curcumin] seems to be very effective for colon cancer, and if we can really work on getting better absorption, then we’re going to get much better treatments for cancer and Alzheimer’s,” she added.

Frautschy said she recommends cooking with turmeric, especially mixing it with oil so that curcumin can be absorbed and go directly to the brain.

# AIR | Therapy ‘new, quick’

Continued from page 1

“I had read about aromatherapy and I had a lot of friends who tried it and liked it, so I thought I would try it, too,” said Kareem Roman, junior in public health nutrition. “I’m doing spearmint right now and it feels like I’m really chewing gum. I feel like I’m breathing better right now.”

Andy Blattner, sophomore in industrial engineering,

found it a bit harder to discern the effects.

“It’s tough to tell if the calm scent is working, because I was calm before I started,” Blattner said. “I like to try new things, though, so this was a chance to do something new and quick.”

**For more information on aromatherapy or Airheads Oxygen Bar, visit [airheads1.com](#).**

# REPS | Interaction ‘really helped’ student’s decision

Continued from page 1

“I can train someone to write a nice email,” Lehning said, “but I can’t train someone to be passionate enough about their work that they want to get up every morning to meet with students and families about our university.”

Each spring, dozens of admissions rep hopefuls go through the selection process, which includes an application followed by an extensive interview and presentation round. Once selected, the admissions reps begin work in July and spend approximately six weeks learning everything there is to know about K-State. The current program has remained essentially unchanged since Pat Bosco, vice president for student life and dean of students, first helped form the admissions representative program in the mid-1980s. Today, K-State also uses two transfer admissions reps and an admissions coordinator for Hispanic recruitment, in addition to the eight traditional positions.

Since its inception, the strategy has proven extraordinarily effective. This year, K-State’s enrollment reached record numbers with 23,863 students. In addition, the university continues to be the No. 1 college destination for Kansas high school seniors.

Jeremy Goering, sopho-

more in microbiology, said his admissions representative had an impact on his college decision.

“Mardell was the main guy I was in contact with,” Goering said, in reference to Mardell Maxwell, a former admissions rep for Sedgwick County and current director of recruitment for the College of Business Administration. “He was great about staying in touch with me, answering questions and taking an interest in my academic goals. His personal attention really helped sway my decision towards K-State.”

While working with recruitment certainly has its challenges, Galyon said he has enjoyed the experience greatly.

“I enjoy being an admissions rep because I get to share my K-State experience and everything else we have to offer with thousands of high school students,” he said.

Even as university officials celebrate continued success in student recruitment, the eight men and women continue to crisscross the country in pursuit of even bigger goals. As they work to ensure that future enrollment numbers remain high, they also focus on developing the personal relationships that will one day draw thousands of new Wildcats to campus.

# EXPANSION | Add-on a milestone for college



Lisle Alderton | Collegian

Workers on the Justin Hall expansion project carry supplies in the back lot of the construction site on Tuesday.

Continued from page 1

students in my interior design classes to watch them pour foundations.”

Honey said the construction methods classes are also watching the project carefully.

“The construction firm is very sensitive with regard to classes,” Moxley said. “There is noise, but so far there have been very few ‘collisions’ with classes and construction. The biggest inconvenience for

us is that our front door is blocked off.”

In many ways, the building represents a milestone for the college, according to Moxley, as it is the only college to be working on its third fully privately funded construction project.

“We’re really excited about the new addition,” Moxley said. “We’re designing it so it will last us over 100 years.”

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2			6	7	4
		3	8		
	5				6
	1	3		2	9
7			7	9	
	5	8	1		2
7			3	5	9

  
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4	7	9	1	5	3	2	8	6
5	1	6	2	8	9	4	7	3
3	8	2	7	4	6	5	1	9
1	9	5	6	3	2	8	4	7
6	2	4	9	7	8	3	5	1
7	3	8	4	1	5	9	6	2
9	5	1	3	6	4	7	2	8
8	6	3	5	2	7	1	9	4
2	4	7	8	9	1	6	3	5

  
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# Fort Riley soldiers honored with Purple Heart, Bronze Star medals



courtesy photos by Mollie Miller | 1st Infantry Division Public Affairs  
**Isabella Larsen, 2,** walks through the receiving line following the Purple Heart and Bronze Star with Valor medal presentation ceremony Sept. 27 at Victory Park. 12 1st Infantry Division Soldiers were presented Purple Heart medals and **John Casey,** father of fallen Big Red One Soldier Capt. **Thomas Casey,** received the Bronze Star with Valor medal for his son.



**Maj. Gen. William Mayville,** commanding general of the 1st Infantry Division and Fort Riley, shakes **1st Sgt. Joe Finney's** hand after presenting the soldier his Purple Heart medal Sept. 27.

# Brown bag lunch discussion covers financial advice for women

**Amy Himmelberg**  
staff writer

The latest installment of the Women's Wednesdays Brown Bag Lunch Series offered practical financial advice for women in all walks of life with tips regarding the financial life cycle on Wednesday. The discussion covered everything from how to build credit, the challenges of marriage and money, saving for your child's college education, to retirement plans and life insurance. Jodi Kaus, director of Powercat Financial Counseling, started the afternoon by giving all those present the simple assignment of checking all three sources for their credit reports; Equifax, Experian and TransUnion. These reports should contain information about accounts in default, credit inquiries and history about the holders employment and income. It is important

to look for any inaccuracies, discrepancies between reports and signs that may indicate identity theft. The government allows anyone to check all three of these reports through [annualcreditreport.com](http://annualcreditreport.com) free once a year. "You can check your own credit as many times as you want without consequences," Kaus said. "The only time your score can be negatively effected is when others are checking it." Women attending the lecture had many questions regarding the logistics of their credit scores. Kaus said the best way to build credit is to use your credit cards often for small fees. The two things that impact your score the most are paying on time and the debt to credit ratio. Kaus said to be cautious about closing a credit card if you have used it for a long period of time because it can

hurt your credit. Closing it impacts the amount of credit available to you and part of your score is based on that information. If you do choose to close it, make sure to ask the credit card company for a hard close, she said. Next, Sonya Britt, assistant professor of family studies and human services spoke about how couples can better establish and meet their financial goals as a team. "I work with couples who don't communicate well about money because they have different goals, and often times one spouse takes total control," Britt said. She emphasized how important it is for both parties to be aware of their financial situation, talk in detail about money when things are calm by addressing one small thing at a time and seek third-party help when necessary. One specific topic of interest was

saving for a child's college education. Britt discussed the Learning Quest 529 Education Savings Plan. "I have found that the 529 plan is one of the best because money will be tax deferred and the beneficiaries can be changed if necessary," Britt said. According to Britt, every state has their own specific plan and you can use any that you wish. To choose the plan that is best for you be sure to look closely at investment performance and the expenses involved. She recommended comparing Kansas's plan to other 529s on [savingforcollege.com](http://savingforcollege.com). The program came full circle by ending with discussions on retirement planning led by Kristy Archuleta, assistant professor of family studies and human services. First and foremost, she said, there is no reason for anyone to save

for retirement if they have credit card debt, so that has to be taken care of first. This may seem obvious, but often times people are so focused on saving for their kids that they forget to put money away for their own futures. "The average retirement age today is 67 and you should plan on living for another 25 to 35 years, so a good rule of thumb is to have about \$1 million saved by the time you retire," Archuleta said. Although the 401k is the most popular way to save for retirement, the most important thing when deciding which plan is best is to consider the expense ratios of different plans. The lower the expense ratio, the better the fund will be. Also, be aware that your employer will ask you what you want to invest in, otherwise they will decide for you, Archuleta said. She added that now is a great time to

invest in stocks and buy securities at a low rate. Although it can be scary because the stock market is down, but if history repeats itself, the stock market will rebound, she said. With ending remarks made, those who attended were encouraged to continue to seek out financial knowledge. "We often have a lack of self-confidence in what we already know as women, however we have the ability to put ourselves in position of financial freedom," Britt said.

The next brown bag lunch will be on Oct. 12 in the Sunflower Room at the K-State Student Union and will offer attendees an opportunity to meet undergraduate women student leaders, learn their priorities and discuss concerns and suggestions. For more information, please contact Noel Schulz at [noels@ksu.edu](mailto:noels@ksu.edu).

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